

# DIARRHOEA

## Introduction -

Diarrhoea is defined as passage of unusually loose or watery stools usually at least three times in a 24 hour period. (WHO)

For adults stool weight  $> 200\text{g/d}$  can generally be considered diarrhoeal.

Passage of even one large watery stool in young child is diarrhoea.

## INCIDENCE:

Every year there are about 1.5 to 2 billion deaths of diarrhoeal diseases occur.

Diarrhoea is the second leading cause of child mortality and morbidity in the world. One in 5 children die of diarrhoea every year in India.

It is mostly due to contaminated food and water sources.

classification pic ①

## ETIOLOGY: -

The causes of diarrhoea are as follows:

- 1) Infection
- 2) Drugs
- 3) Dietary causes
- 4) Surgical conditions
- 5) Miscellaneous causes

# Symptoms of diarrhea



## Clinical feature and assessment:

Clinical feature of diarrhea depends on its severity:

Mild diarrhea (2-5 loose stool)

Moderate diarrhea (10 or more loose stool)

Severe diarrhea (100 loose stool within 24 hours)

# Common Causes of Sudden or Chronic Diarrhea

## Sudden Diarrhea



Food poisoning



Traveler's diarrhea



Stomach flu



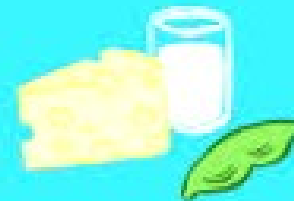
## Chronic Diarrhea



Celiac disease



Food intolerance/  
allergy



Milk/soy protein  
intolerance



IBS



Medication

## DIAGNOSTIC EVALUATION:

History taking  
physical examination  
Stool examination  
Stool culture  
Blood tests.

## MANAGEMENT:-

Management of infants and young children with diarrhea and dehydration focus on:

- Replacement of fluids
- Administration of prescribed drugs.
- Maintenance of nutritional status.
- Educate the mother regarding prevention of diarrhea.

# Diarrhea Prevention



## Sanitation

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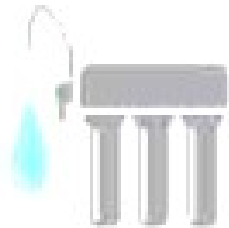


## Vaccination

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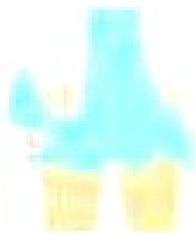
## Clean water

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## Hand washing

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## Nutrition

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## Breastfeeding

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